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MONTHLY

INDUSTRIAL NUTRITION SERVICE



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U.S. DEPARTMENT OF AGRICULTURE

For employee publications, and individuals
and groups promoting nutrition education

WAR FOOD ADMINISTRATION Office of Supply

Midwest Region, 5 South Wabash Avenue, Chicago 3, Ill.

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SCOPE OF INDUSTRIAL FEEDING SERVICE

No one can do his best when he has not had the right combination of foods. Workers in war plants cannot maintain peak production unless they eat sufficient food in balanced meals. As applied to war production on the home front, this statement has been proved time and time again.

To make at least one balanced meal available to workers each day, the War Food Administration developed, with the cooperation of industry, plans for practical in-plant feeding, or feeding on the job.

War plants employ thousands of laborers, technicians, and administrators. Feeding them involves menus, the preparation of great quantities of food, and efficient methods for serving large numbers of people quickly and with minimum effort.

WFA industrial feeding specialists are always available to plant executives who desire to install, or expand feeding facilities in their factories. The specialists advise on plans and specifications for storage, preparation and serving of food, and suggest ways and means of operation, the best use of available food, and methods of coping with shortages.

The result is a saving of precious minutes available to the worker for eating, maintenance of efficiency and morale at a high level, reduced fatigue, and lower accident rates.

In this action, government and industry have become active partners with the homemaker in providing workers with proper food once each day. But it is still the responsibility of the homemaker to plan and prepare nutritious, wholesome food for other meals at home.

In WFA's Midwest Region, industrial feeding specialists may be reached by addressing the WFA, Office of Supply, 5 South Wabash Avenue, Chicago 3, Illinois, or telephone Andover 5860, Extension 252.



The House Organ

Editor's Corner

(It is hoped that the industrial house organ editor will find this material, in whole or in part, of interest to his readers. Please feel free to copy or adapt.)

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How to Select A NUTRITIOUS MEAL Without Meat

Few workers realize that the food service manager within the plant faces the problems that confront each housewife in feeding her family. His job of feeding hundreds, sometimes thousands, of workers is a momentous task that has to be done in spite of limited ration points and the restricted meat supply.

Americans like meat. But today we are faced with short supplies of meat, and there is not much relief in sight for some months to come. We should remember that food, like tanks, planes, ships, and guns, is a war weapon. Let us make the most of the available supply under rationing, remembering that the winning of the war is far more important to each of us than a steak today, a chop tomorrow, and a roast for Sunday dinner.

Mid-Shift Meals Without Meat: With meat in short supply, workers can no longer expect to find the traditionally popular meat-potato-vegetable combination at the cafeteria each day. Roast beef, steaks, and chops have disappeared from the lunch special in many localities. Just like at home, there may be no meat at all for several days a week. Local meat supplies and ration point budgeting determine that.

This does not mean that workers will not be well-nourished. Meatless meals can be both nutritious and delicious. They can be appetizing and satisfying. If we adjust our sights to the meat supply situation we will do two things:

- 1) We will understand that the cafeteria manager struggles with rationing and supply problems just as we do at home.
- 2) We will understand how to choose a good, nutritious meatless meal when meat is not available.

Meat Alternates, as the name implies, are foods that can be used in place of meats. They have similar food value. Poultry, fish, cheese, eggs, dry peas and beans, and nuts are meat alternates. Any one of these foods may be used, in place of meat, as the main dish of the meal.

Poultry, fish, eggs, and cheese are excellent sources of protein and the B vitamins, therefore they may be used interchangeably with meat. Dry peas and beans and nuts are also good sources of protein and the B vitamins, but the protein in these products is somewhat lower in nutritive value than protein from animals. So remember to choose a glass of milk or another food containing

cheese or eggs, when you choose a main dish of dry peas or beans or nuts. For instance, if you select baked beans--a meat alternate--as your main dish, take a glass of milk, or a piece of custard pie for dessert to increase the food value of the meal.

Selecting Nutritious Meals on Meatless Days: More care must be taken in selecting an appetizing, well-balanced meal when there's no meat on the menu. Here is a cafeteria menu with three meat alternates:

Cafeteria Menu

Cream of celery soup
Tomato juice

Sliced tomato salad
Fruit salad

Stewed chicken
Fried fish fillets
Boston baked beans

Whole-wheat and enriched breads
Hot biscuits
Butter or fortified margarine

Parsleyed new potatoes
Green beans
Carrots
Fresh spinach

Blueberry pie
Baked custard
Ice cream

Milk
Other beverages

Here are three of several well-balanced lunches which may be selected:

1.	2.	3.
Stewed chicken	Fried fillet of fish	Boston baked beans
Parsleyed potatoes	Parsleyed potatoes	Carrots
Fresh fruit salad	Green beans	Sliced tomato and lettuce salad
Hot biscuits*	Enriched bread*	Whole-wheat bread*
Ice Cream	Blueberry pie	Baked custard
Milk	Milk	Milk

*With butter or fortified margarine

Each lunch has been selected to supply foods that give appetite appeal. They look well together, and they are tasty, colorful combinations. If desired, cream of celery soup may be added to Menu 3; tomato juice could be added to Menus 1 and 2.

FOOD-ON-THE-JOB, HERE AND THERE

The Northern Pump Company, Minneapolis, Minnesota, maintains a "Victory Garden" for its in-plant feeding of employees. The company raises sweet corn, planted to provide a continuous supply throughout the sweet corn season. In addition it raises potatoes and cabbages.

To many of you this may sound more like a farm than a garden (and it is). But it assures the cafeteria manager a daily supply of fresh vegetables to offer his customers, in addition to the produce he can buy in local markets.

THE NEW YORK STATE Experiment station at Geneva, N.Y., has discovered an apple growing in its orchards which has a vitamin C content approaching that of an orange -- nearly 40 mg. per 100 gm. This is the White Calville or Calville blanche d'hiver.

FOODS IN PLENTIFUL SUPPLY

Sweet potatoes, carrots and cabbages are fresh vegetables that will be in good supply in May. Tomatoes, oranges and apples will be plentiful, too.

Tomatoes and oranges are rich in vitamin C. Carrots are a very good source of vitamin A. These foods are delicious raw or cooked and add color to the menu. Use them liberally in salads.

MALNUTRITION BLAMED FOR DRAFT REJECTIONS

Major General Lewis Hershey, Selective Service Director, said recently that malnutrition was a contributing factor in 40 percent of the 4,500,000 Selective Service rejections.

Although only 2 or 3 percent were specifically designated as cases involving malnutrition, he told the House agriculture committee, improper food habits play a large part in the development of other diseases which disqualify men for military service.

WHAT ENRICHED BREAD MEANS IN THE DIET

Workers are encouraged by the industrial feeding specialists of the War Food Administration to watch the labels on the bread and the flour they buy to be sure it is enriched. Food and Drug Administration labeling requirements permit use of the word "enriched" only on bread and flour to which recommended minimum amounts of thiamine (vitamin B₁), niacin and iron have been added. There is no existing federal order requiring enrichment of all family flour, or of bakery products other than bread or rolls.



Enrichment means more food value for about the same price. It has made bread, flour, and other cereals in Group 6 on the Basic 7 Food Chart, provide better nutrition at little additional cost. It has restored to flour, or bread, some of the food values formerly lost through milling refinement processes.

This enrichment means that the worker who eats six slices of enriched bread per day, which is about average, will get 23 percent of his daily vitamin B₁ needs. In addition he will receive significant quantities of riboflavin, niacin and iron. In contrast, six slices of unenriched white bread would provide only about 6 percent of a worker's vitamin B₁ requirement, and even less of the other factors.

A new chemical test which will indicate almost instantly whether flour is enriched, partially enriched, or unenriched, has been developed by WFA in its laboratory at the Beltsville (Maryland) Research Center. The new test will be used in connection with flour inspection by the War Food Administration's Office of Marketing Services.